

ABSTRACT OF THE DISCLOSURE

A chair apparatus and method to stretch a hamstring in a leg of a patient includes a leg board pivotally coupled to the seat back. The leg board receives the leg of the patient while the seat back receives the torso of the patient. The chair includes means for securing the leg of the patient to the leg board to maintain the legs in a substantially straight configuration. The chair also includes means for selectively adjusting and maintaining an angular orientation between the seat back and the leg board.

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